



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01203, Yogurt, fruit, lowfat, with low calorie sweetener

Report Date: July 11, 2017 14:35 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g	1 cup (8 fl oz) 245g	1 container (8 oz) 227g
Proximates							
Water	g	74.10	20	0.514	125.97	181.54	168.21
Energy	kcal	105	--	--	178	257	238
Energy	kJ	440	--	--	748	1078	999
Protein	g	4.86	20	0.052	8.26	11.91	11.03
Total lipid (fat)	g	1.41	17	0.106	2.40	3.45	3.20
Ash	g	1.03	12	0.034	1.75	2.52	2.34
Carbohydrate, by difference	g	18.60	--	--	31.62	45.57	42.22
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	2.90	--	--	4.93	7.11	6.58
Minerals							
Calcium, Ca	mg	152	--	--	258	372	345
Iron, Fe	mg	0.07	--	--	0.12	0.17	0.16
Magnesium, Mg	mg	16	--	--	27	39	36
Phosphorus, P	mg	133	--	--	226	326	302
Potassium, K	mg	194	--	--	330	475	440
Sodium, Na	mg	58	--	--	99	142	132
Zinc, Zn	mg	0.82	--	--	1.39	2.01	1.86
Copper, Cu	mg	0.080	--	--	0.136	0.196	0.182
Manganese, Mn	mg	0.065	--	--	0.111	0.159	0.148
Selenium, Se	µg	3.1	--	--	5.3	7.6	7.0
Vitamins							
Vitamin C, total ascorbic acid	mg	0.7	--	--	1.2	1.7	1.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g	1 cup (8 fl oz) 245g	1 container (8 oz) 227g
Thiamin	mg	0.041	--	--	0.070	0.100	0.093
Riboflavin	mg	0.180	--	--	0.306	0.441	0.409
Niacin	mg	0.105	--	--	0.178	0.257	0.238
Pantothenic acid	mg	0.544	--	--	0.925	1.333	1.235
Vitamin B-6	mg	0.045	--	--	0.076	0.110	0.102
Folate, total	µg	10	--	--	17	24	23
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	10	--	--	17	24	23
Folate, DFE	µg	10	--	--	17	24	23
Choline, total	mg	15.2	--	--	25.8	37.2	34.5
Vitamin B-12	µg	0.52	--	--	0.88	1.27	1.18
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	131	--	--	223	321	297
Retinol	µg	131	--	--	223	321	297
Carotene, beta	µg	4	--	--	7	10	9
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	443	--	--	753	1085	1006
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.06	--	--	0.10	0.15	0.14
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	1	--	--	2	2	2
Vitamin K (phylloquinone)	µg	1.2	--	--	2.0	2.9	2.7
Lipids							
Fatty acids, total saturated	g	0.909	--	--	1.545	2.227	2.063
4:0	g	0.042	3	0.003	0.071	0.103	0.095
6:0	g	0.029	3	0.002	0.049	0.071	0.066
8:0	g	0.018	3	0.001	0.031	0.044	0.041
10:0	g	0.040	3	0.003	0.068	0.098	0.091
12:0	g	0.048	3	0.004	0.082	0.118	0.109

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g	1 cup (8 fl oz) 245g	1 container (8 oz) 227g
14:0	g	0.149	3	0.011	0.253	0.365	0.338
16:0	g	0.384	3	0.029	0.653	0.941	0.872
18:0	g	0.137	3	0.010	0.233	0.336	0.311
Fatty acids, total monounsaturated	g	0.387	--	--	0.658	0.948	0.878
16:1 undifferentiated	g	0.031	3	0.002	0.053	0.076	0.070
18:1 undifferentiated	g	0.322	3	0.024	0.547	0.789	0.731
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.040	--	--	0.068	0.098	0.091
18:2 undifferentiated	g	0.028	3	0.002	0.048	0.069	0.064
18:3 undifferentiated	g	0.012	3	0.001	0.020	0.029	0.027
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	6	--	--	10	15	14
Amino Acids							
Tryptophan	g	0.027	--	--	0.046	0.066	0.061
Threonine	g	0.200	--	--	0.340	0.490	0.454
Isoleucine	g	0.265	--	--	0.451	0.649	0.602
Leucine	g	0.490	--	--	0.833	1.200	1.112
Lysine	g	0.436	--	--	0.741	1.068	0.990
Methionine	g	0.143	--	--	0.243	0.350	0.325
Cystine	g	0.044	--	--	0.075	0.108	0.100
Phenylalanine	g	0.265	--	--	0.451	0.649	0.602
Tyrosine	g	0.245	--	--	0.416	0.600	0.556
Valine	g	0.402	--	--	0.683	0.985	0.913
Arginine	g	0.146	--	--	0.248	0.358	0.331
Histidine	g	0.120	--	--	0.204	0.294	0.272
Alanine	g	0.208	--	--	0.354	0.510	0.472
Aspartic acid	g	0.385	--	--	0.655	0.943	0.874
Glutamic acid	g	0.951	--	--	1.617	2.330	2.159

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Glycine	g	0.117	--	--	0.199	0.287	0.266
Proline	g	0.576	--	--	0.979	1.411	1.308
Serine	g	0.301	--	--	0.512	0.737	0.683
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0